

**Week 3
Regular**

**St. Mary's at Felician Village
SMH FW 17/18**

Week at a Glance

Sunday 15	Monday 16	Tuesday 17	Wednesday 18	Thursday 19	Friday 20	Saturday 21
Mar-04	Mar-05	Mar-06	Mar-07	Mar-08	Mar-09	Mar-10
BREAKFAST						
ORANGE JUICE CRISPY RICE CEREAL SCRAMBLED EGGS AND CHEESE BREAKFAST POTATOES CHILLED FRUIT CUP COFFEE MILK	ORANGE JUICE RAISIN BRAN Denver Scramble PUMPKIN BREAD COFFEE MILK	ORANGE JUICE CHEERIOS BACON PANCAKES BLUEBERRIES COFFEE MILK	ORANGE JUICE CRISPY RICE CEREAL SCRAMBLED EGGS FRESH BANANA COFFEE MILK	ORANGE JUICE RAISIN BRAN SPINACH MUSHROOM STRATA WHEAT TOAST DICED PEACHES COFFEE MILK	ORANGE JUICE CHEERIOS SCRAMBLED EGGS SAUSAGE WHITE TOAST COFFEE MILK	ORANGE JUICE CRISPY RICE CEREAL VEGETABLE OMELET BREAKFAST POTATOES CHILLED FRUIT COCKTAIL COFFEE MILK
Alternates						
OATMEAL Hard Boiled Egg	GRITS OR CREAM OF WHEAT Hard Boiled Egg POTATOES O'BRIEN	OATMEAL SCRAMBLED EGGS HASHBROWN POTATOES	GRITS OR CREAM OF WHEAT Hard Boiled Egg BREAKFAST POTATOES	OATMEAL Hard Boiled Egg POTATOES O'BRIEN	GRITS OR CREAM OF WHEAT Hard Boiled Egg HASHBROWN POTATOES	OATMEAL Hard Boiled Egg
LUNCH						
CHICKEN AND DUMPLINGS PEAS AND CARROTS CHOCOLATE PUDDING CAKE APPLE JUICE COFFEE MILK	SLICED HAM MACARONI & CHEESE BAKE HERB ROASTED ZUCCHINI & SQUASH FRUIT PARFAIT CRANBERRY JUICE COFFEE MILK	PORK ROAST MASHED POTATOES BROWN GRAVY GARDEN BLEND VEGETABLES LEMON BAR APPLE JUICE COFFEE MILK	BRATWURST & SAUERKRAUT HOT DOG BUN BAKED BEANS CHERRY CREAM CHEESE BAR CRANBERRY JUICE COFFEE MILK	BAKED CHICKEN GARLIC MASHED POTATOES RIVIERA BLEND VEGETABLES FRUIT PUDDING APPLE JUICE COFFEE MILK	POTATO PANCAKES APPLESAUCE COTTAGE CHEESE CAPRI BLEND VEGETABLES STRAWBERRY RHUBARB PIE CRANBERRY JUICE COFFEE MILK	PEPPER STEAK BUTTERED NOODLES BROCCOLI AND CAULIFLOWER FROSTED YELLOW CAKE APPLE JUICE COFFEE MILK
Alternates						
BEEF POT PIE MIXED VEGETABLES BUTTERMILK BISCUITS	BEEF CHOP SUEY BROWN RICE BROCCOLI	MEATLOAF SANDWICH SEASONED ASPARAGUS	SHEPHERD'S PIE	BAKED HADDOCK GARDEN RICE SNOW PEAS	ROAST TURKEY RICE PILAF ROASTED ROOT VEGETABLES	CHICKEN RICE CASSEROLE BRUSSELS SPROUTS
DINNER						
TOMATO VEGETABLE SOUP BBQ BEEF ON BUN CORN PINEAPPLE TIDBITS COFFEE MILK	WINTER CABBAGE SOUP GRILLED CHICKEN ON BUN PEA SALAD FRESH GRAPES LETTUCE AND TOMATO COFFEE MILK	HAM AND BEAN SOUP TATER TOT CASSEROLE GLAZED CARROTS DARK CHERRIES SUGAR COOKIE COFFEE	BUTTERNUT SQUASH SOUP EGG SALAD CROISSANT PICKLED BEETS CHILLED PEARS COFFEE MILK	BEEF BARLEY MUSHROOM SOUP ROAST BEEF SANDWICH MARINATED VEGETABLE SALAD ICE CREAM SANDWICH COFFEE MILK	SEAFOOD CHOWDER FISH SANDWICH 3 BEAN SALAD LETTUCE AND TOMATO FRUITED GELATIN COFFEE MILK	GARDEN VEGETABLE SOUP ITALIAN CHICKEN BRST SANDWICH GREEN BEANS APPLE FRUIT SALAD COFFEE MILK
Alternates						
CHICKEN SALAD SANDWICH WHEAT	HAM AND CHEESE SANDWICH	SLOPPY JOE WHOLE WHEAT HAMBURGER BUN	BACON CHEESEBURGER HAMBURGER BUN	SUMMER SAUSAGE SANDWICH	SUBMARINE SANDWICH	EGG SALAD SANDWICH ON WHEAT